Gynecomastia Surgery

mediend
Before
After
Best gynecomastia surgeon in India
Best Gynecomastia Surgeon in India offers safe, advanced male breast reduction using modern techniques. With experienced doctors, quick recovery, and affordable care, patients achieve natural results. Platforms like MediEND help connect with trusted experts for complete treatment support.

Gynecomastia is common in men and is often not well understood. This can happen to men at any age. It is when a man gets more breast tissue, but it is not cancer. The most common cause is a change in hormone levels. **Gynecomastia** is not risky for your health, but it can make you feel bad about how you look. It can also change the way you feel about yourself and can affect your mental health.

Thanks to better medical care, gynecomastia surgery is now safe and works well. It lasts for a long time and is a good choice.

With **mediEND**, people can find skilled and trustworthy surgeons. They get all the help they need, starting from the first visit and going through recovery.

What Is Gynecomastia?

Gynecomastia is when men's breast tissue gets bigger in a way that is not normal. This usually happens if there is more estrogen or less testosterone in the body. Men have some estrogen, but testosterone is the main hormone. If there is a change in these hormone levels, the breast tissue can grow.

The condition can show up as:

A little puffiness in the chest area

A breast-like bump that sticks out

Nipple area that feels tender or sensitive

Feeling upset or worried about what people think of them

Gynecomastia is a real health problem. It is not the same as just having more fat on the body.

It is not the same as pseudogynecomastia. That problem comes just from having too much fat in the chest.

Four Grades of Gynecomastia

Gynecomastia has four levels. The level depends on how much tissue a person has and how loose the skin is. Knowing the level helps doctors choose the best way to treat it.

Level 1: Small Growth (No Extra Skin)

There is some small gland tissue close to the nipple.

It looks a little puffy, but you only see it when you do not have clothes on.

It usually doesn't hurt much.

Level 2: Medium Growth (No Extra Skin)

The tissue spreads out over the chest.

The chest looks large. It may show when you wear clothes.

It becomes a bigger issue with how it looks.

Level 3: Medium Growth with Extra Skin

There is more breast tissue.

The skin starts to hang down a bit because there is more skin.

It's harder to hide, and it can change how someone feels about themselves.

Level 4: Big Growth with Extra Skin

The breast looks more like a woman's.

There is a lot of sagging. The nipples are bigger than before.

Surgery is almost always needed to fix it.

Why Do Men Develop Gynecomastia?

Gynecomastia takes place when the hormones in the body are not balanced. There are many things that can cause this problem.

1.Hormonal Changes

During puberty, hormone levels can change a lot.

As men get older, the level of testosterone in their body can go down on its own.

2.Age-Related Factors

Newborn babies can get gynecomastia for a short time. This happens because they get estrogen from their mothers.

Men over 50 can get it more often. This is because their testosterone levels go down.

3.Medications

Some medicines can affect how hormones work.

These include:

Drugs that block androgens

Anabolic steroids

Certain antidepressants

Heart medications

Ulcer drugs like cimetidine

Chemotherapy drugs

4.Medical Conditions

Problems like hypogonadism, hyperthyroidism, liver cirrhosis, kidney failure, and tumors that produce hormones can lead to gynecomastia.

5.Obesity

Having too much body fat can make the body use more of an enzyme called aromatase. This enzyme changes testosterone into estrogen.

This can result in:

True gynecomastia

Pseudogynecomastia caused by fat buildup

6.Substance Use

Using drugs like beer, marijuana, heroin, methadone, and bodybuilding steroids can raise the risk of gynecomastia.

7.Genetic Disorders

Some genetic conditions, like Klinefelter syndrome, can lead to low testosterone levels from when you are young. This can make it more likely for you to get gynecomastia.

What Is Gynecomastia Surgery?

Gynecomastia surgery is a type of treatment that helps remove extra breast tissue and create a flat, more masculine chest shape. The method used will depend on the type and mix of tissue in the chest.

Treatment Options Include:

1.Liposuction for Fat Removal

This is good for times when the extra tissue is mostly fat.

New ways like VASER liposuction use sound waves to break up the fat.

Benefits include:

Less bruising

Faster healing

Better skin tightening

2.Gland Excision for Firm Tissue

You need this when there is hard glandular tissue.

A small cut is made around the edge of the nipple.

The cuts are usually less than half a centimeter.

This helps to stop the condition from coming back. It also works to fix swollen nipples.

3.Combination Technique (Most Effective)

This way uses both liposuction and taking out the gland.

It treats both fat and glandular tissue.

It gives long-lasting, smooth results.

Athletes and people who work in professional jobs often pick this.

4.Advanced Technologies

Techniques such as laser-assisted lipolysis and ultrasound-assisted treatments are used.

These tips help most when a case has lasted a long time or has hard and thick tissue.

Recovery After Gynecomastia Surgery

Recovery is easy and quick for most people. You may go home the same day. In a few days, you can feel ready to get back to your usual routine. It is better not to do hard exercise for about 3 to 4 weeks. If you wear a support garment, it helps bring swelling down. You should notice the final outcomes after several weeks. The effects will stay for a long time, but you need to keep your hormone levels steady and live healthy.

Why Choose mediEND for Gynecomastia Surgery?

At mediEND, we help you go through the surgery process in an easy way. We connect you with top plastic surgeons in India who are all certified.

What mediEND Offers:

Doctors who are checked and have a lot of experience

A clear and open consultation process

Options to pay without extra costs using EMI

Help with insurance in a simple way

Personalized care and support

Support after the surgery is done

We want to make gynecomastia treatment easy for people to get. Our aim is for it to be safe and with no stress for everyone.

Conclusion

Gynecomastia is a common problem for men. It can really change how a man feels about himself and his life. A few people may feel better by making changes to how they live. But, if gland tissue is the reason, surgery is often the best and longest way to fix it.

With new ways such as VASER liposuction and taking out the gland, people can get good, natural results. You can see less scarring and feel better faster.

If you have big breasts and they make you feel bad or you feel pain, it may be a good time to think about surgery.

You need to speak with a skilled plastic surgeon before you have gynecomastia surgery.

With **mediEND**, you can find good treatments that work. Take your first step to a flatter you. You can feel sure about the way you look.

Website -https://mediend.com/